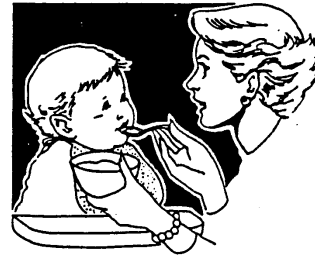
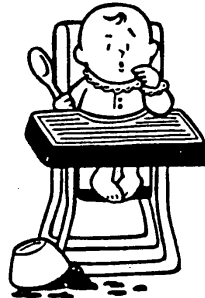


Feeding the Older Baby: Your Baby from 10-12 months



Your baby is changing from an infant to a toddler. Baby should be learning to feed herself. Table foods should be thicker and chunkier. Your baby can chew better, use her fingers, and hold her cup.

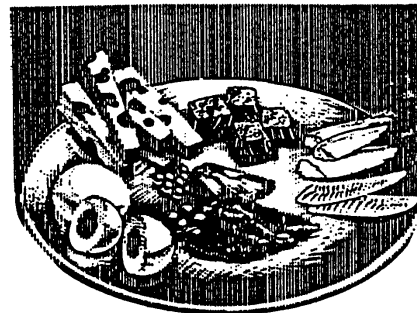
Now is the time for her to start:
using a spoon,
eating table foods, and
feeding herself.



Your baby needs 7-10 tablespoons of solid food, three to four times a day. Let baby learn to feed herself. Learning to feed oneself is a messy part of growing up. When baby gets tired of eating, help her.

Offer your baby these foods from the family table: (Separate baby's food before seasoning, please)

- Lean and tender meat, fish, or chicken (cut up)
- Cooked dried beans and peas (mashed)
- Egg yolk until 1 year, then chopped whole egg
- Cheese cubes
- Soft fruits (peeled and sliced)
- Cooked vegetables (cut up)
- Potato (baked or boiled, no skin)
- Enriched bread, noodles, or cereal



Babies still need breast milk or formula until their first birthday. Start whole milk gradually after baby's first birthday.

Thirsty? Offer water or juice in a cup. Start weaning gradually. Offer the cup at mealtimes rather than a bottle.

Suggested Meal Plan

Breakfast

Fruit or fruit juice--3 ounces

Infant cereal--8 tablespoons dry mixed with formula, breast milk or juice

Toast or egg yolk

breast milk or iron fortified formula

Lunch

ground/strained meat--4-6 tablespoons

strained or fresh fruit and vegetables--4-6 tablespoons of each

bread--1 slice

breast milk or iron fortified formula

Snack

unsalted crackers

breast milk or iron fortified formula

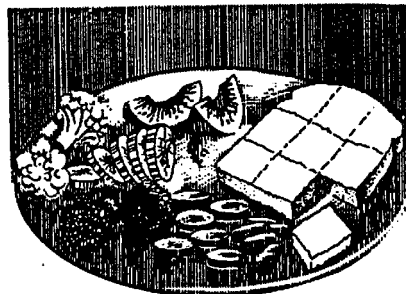
Dinner

Mashed pinto beans--1/4 cup

Pasta-- 4 tablespoons

Spinach-- 4-6 tablespoons

Breast milk or iron fortified formula



Foods That My Baby Likes: _____

